

The Art Of Quick Meditation A Quick Effective 5 Minute Technique

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Mind Gym Lila Santoro,AI,2025-03-14 Mind Gym offers a practical guide to cognitive training aiming to boost mental performance through targeted exercises It emphasizes that cognitive abilities much like physical fitness can be enhanced with consistent practice Drawing from cognitive psychology and neuroscience the book introduces techniques to improve problem solving skills memory and focus Intriguingly advancements in neuroscience have deepened our understanding of the brain s capacity for change highlighting its plasticity The promise is to strengthen neural connections and build mental resilience The book progresses systematically beginning with the fundamentals of cognitive psychology It then explores cognitive flexibility through puzzles and strategic games memory enhancement via mnemonic devices and attention regulation using mindfulness What sets Mind Gym apart is its hands on approach incorporating practical exercises and activities suitable for anyone seeking to improve their mental agility The book provides evidence based strategies for cognitive enhancement making it a valuable resource for students professionals and seniors alike

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